

6 Reasons Why Dairy Is Better With the Butterfly

If you eat dairy, here's what you need to know.



Look for the Butterfly to:

1 **Avoid synthetic milk:**

Ingredients made using genetic engineering techniques such as precision fermentation are patented. Maintain ownership of our food supply by not privatizing the recipe for milk. Besides, is synthetic dairy good for us anyway?

2 **Shift acreage to non-GMO:**

Converting acreage to non-GMO crops reduces pesticide use and supports biodiversity. The single biggest impact we can make as eaters is to look for the Butterfly on dairy products, since most GMO crops end up in livestock feed.

3 **Raise the bar for GMO avoidance:**

The Non-GMO Project Butterfly is the most rigorous certification for GMO avoidance. Testing requirements and action thresholds set the Butterfly label apart from USDA Organic Certification, and our Standard is revised to keep pace with the latest genetic engineering techniques.

4 **Steer clear of rGBH and more:**

GMO animals, rGBH growth hormones and synthetic biology are all prohibited in Non-GMO Project Verified products. By shopping for the Butterfly, you can confidently avoid these ingredients and more.

5 **Support family farms:**

With every Butterfly purchase in the dairy aisle, you are directly advocating for farmers and their animals, as family dairies benefit from Non-GMO Project Verified premiums.

6 **Create a meaningful shift toward organic and regenerative:**

Non-GMO is the first step toward organic and regenerative farming. It reduces farmers' dependence on synthetic fertilizers and agrichemicals, creating a pathway to better, more holistic systems.